

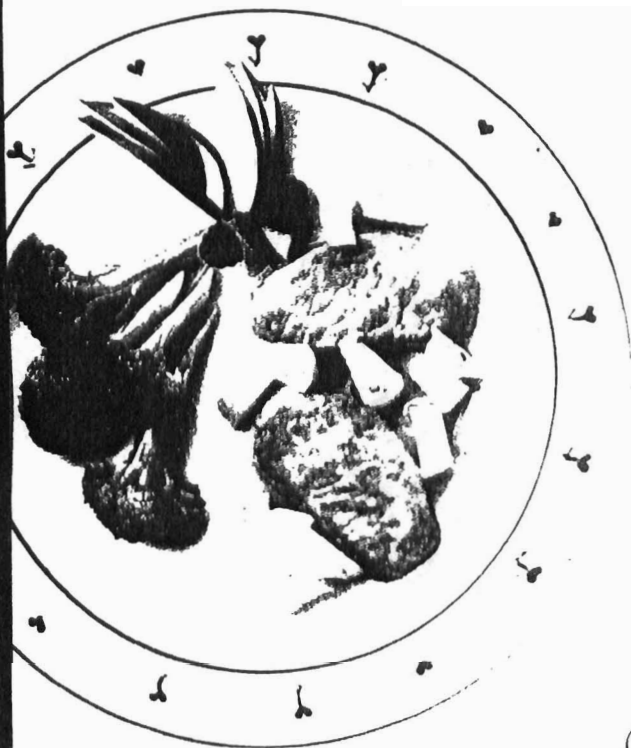
Inside every chicken recipe is a pork recipe trying to get out.

If you're looking for a light alternative to chicken, look to pork—the other white meat. Because pork can be substituted for chicken in virtually any recipe. It's nutritious. Surprisingly low in calories and cholesterol. And delicious.

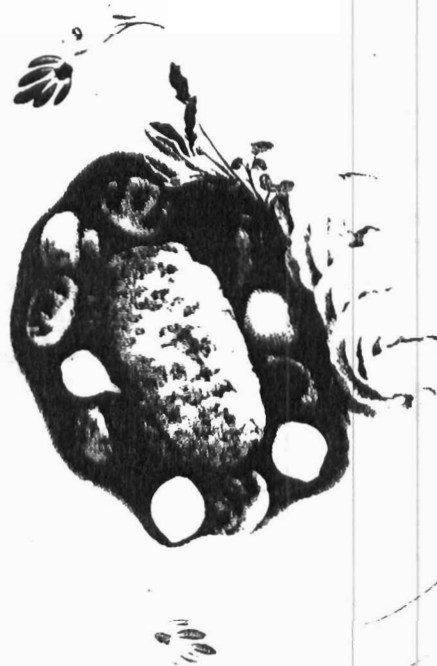
So to get something extra out of chicken recipes, try putting pork in.

For free pork recipes, send a stamped, self-addressed envelope to Pork Recipes, P.O. Box 10383-B, Des Moines, IA 50306.

PORK NORMANDY



PORK AU VIN



PORK CACCIATORE



The
Other
White
Meat™

America's Pork Producers
© 1995 National Pork Producers Council
in cooperation with National Pork Board

PORK KIEV

